

DROP DOWN DAYS
FUN LEARNING EXPERIENCES

**EMPLOYABILITY DAY
& CAREERS WEEK**
BROADENING HORIZONS

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Spring
2019

fOCUS

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CENTRAL DOES ITS BIT FOR THE COMMUNITY

TIME TO SHINE
REPORT IN OUR NEXT EDITION



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**Central Lancaster
High School**

MESSAGE FROM THE EDITOR

This last term has been one full of both challenges and with equally much to rejoice!

The compassion and community spirit of our whole team Central with our sad loss of Ebony Gould was overwhelming. It was extremely heartening to witness students and staff comforting each other during our sad times. Central has a big heart which gives us all much needed soothing at times like these.

It was an absolute delight to see so many students involved in our first school fair supported by game staff engaging and taking part. We raised £444 in 40 minutes for North West Ambulance Charitable Trust- incredible!

The house system and the commitment of the Heads of Houses really SHINÉs through the entire school, with house competitions and challenges every week giving every child an opportunity to participate and feel a sense of belonging.

We are seeing our girls' netball team building and going from strength to strength. Long may this continue to grow. Our girls have vocalised how thrilled they are with recent developments and are grateful to all who are driving this forward.

We so enjoyed the fantastic World Book Day events and celebrations, and combined with International Women's Day made a memorable time. The whole school fancy dress was simply awesome; we cannot wait to see what next year brings!

Our National Careers Week was the biggest and greatest yet with employer panels, workshops and department based activities. The week was then followed by our Year 10 work experience week. They had a truly meaningful week taking on roles and responsibilities in various work places. So many of them returned to school with greater confidence and direction, as well as praise in abundance for their positive attitudes whilst in the work environment.

As our spring term drew to a close our activities kept up momentum with Science Week, the Time to Shine performance and the Berlin Trip. All of the events this term have been wonderful experiences for our young people and we are extremely grateful to all the staff who make them happen; their effort and commitment is tireless and genuine. We wish our students, parents, staff and school community a happy spring holiday. Here's to yet another action packed term in the summer!

NATIONAL CAREERS WEEK

DAY 1...this was the green light for go, go, go with a fantastic presentation from Corporal Nicholls.

DAY 2... we welcomed ex-pupil Freya to discuss her route into nursing. It was a wonderful opportunity for our students to learn about the opportunities available in nursing.

The PE department were excited to welcome Billy Akrigg from @BaFitness92 into school tomorrow to discuss his pathway from school to Lancaster City FC player and onto owning his own Strength and Body Conditioning business.

DAY 3 ... kicked off to a fantastic start with year 11 learning new skills in construction at Lancaster & Morecambe College. "This is really hard Miss but good!" There was also a lunchtime session for tips and advice on making your CV stand out from the rest.

DAY 4...NCW met World Book Day and International Women's Day! "But these girls aren't cheap - they're people." J.B Priestley.

Our visitor Andrew Crossman held a 'question & answer' session about his career pathway into his Offshore engineering role for Conoco Phillips.

We wish to thank our local employer panel who discussed their job roles, inspiring with year 10. It was wonderful to have representatives from Bay Health & Care Careers Team, The Official Army Careers Centre Lancaster, Lancashire Skills Hub, Lancaster Police, Lancashire County Council and Inspira.

We are extremely proud of all our students for their amazing participation in #NCW19 their enthusiasm and resilience shone through. Year 10 continued their career journey into the next week with work experience.



dates FOR DIARIES

Summer term starts:	Tuesday 23rd April
Year 7 Parents' Evening:	Tuesday 30th April
Year 10 music performance:	Thursday 2nd May
Bank Holiday:	Monday 6th May
Half Term:	Monday 27th May - Friday 31st May
Year 10 Geography field trip:	Tuesday 25th June
Drop down day:	Thursday 27th June
Sports week:	Monday 1st - Friday 5th July
District Athletic:	Wednesday 3rd July
Race for life and drop down day:	Friday 5th July
Year 8 performance:	Tuesday 9th July
End of term:	Tuesday 23rd July (1pm)

ICE SKATING

For the trip today we went to the ice-skating rink at Dalton Square to "Lancaster on Ice". This trip was a reward for pupils with excellent behaviour and attendance. Year 7 were the first to go down to the rink and then Years 8 and 9. We walked down to Dalton Square; we were able to skate for about forty minutes. We thoroughly enjoyed the trip because we were able to spend time with our friends and learn a new skill. Even though it rained at times we still had a lot of fun and really enjoyed the trip. A few people fell over but got up and carried on having fun. Lots of the teachers also joined in and it was amusing watching Mr Nesbitt trying to skate (he really wasn't that good!). Everyone went out thinking they would be incredible straight away without taking it easy; however when the students started falling down the polar bears came out on the ice. The polar bears were suddenly swarming the ice rink with one person pushing them with another person sat on them flying around. Miss Carr, who was quite good on the ice, had a polar express taxi service running with students queuing around the rink to get a lift round the ice. Many students left saying that they would definitely come back with their families and friends because they really enjoyed it.

Written By Eleanor Ryan, Emily Armstrong and Anna Rigby



LANCASHIRE BOOK OF THE YEAR

Lancashire Book of the Year is an amazing opportunity for high school students to be able to share their passion for reading. Participating schools are given a selection of books to read together. Opinions and reviews are then shared in a number of sessions at the LBOY event.

We attended the second event which took place at Preston Town Hall. We started the day off by meeting at the train station and got a nice warm drink from Costa. We then headed on the train towards Preston. When we arrived at the town hall (that was literally right across from the station) we were offered many refreshments, hot and cold.

We had a group discussion on what our success criteria was for a good book, and we also discussed which books we liked best and which we felt should be on the shortlist. After the break, Hayley Barker, a famous author, came and talked to us about her journey to becoming an author. She also read a short extract from her book Showstopper. During her talk we found that she was very inspirational, and we also found her super relatable. It was clear that she was a grafter. It was also a very conversational as we were allowed to ask her questions at any point during the talk.

The shortlist was revealed at the end of the event, and Matilda Bulman was privileged enough to announce one of the shortlisted books. It was very special as we were one of the first groups of people to find out the entire shortlist for the 2019 Lancashire Book of the Year. It was a superb, fun experience and we would love to go again. We would all highly recommend it; it was a once-in-a-lifetime opportunity!

Aariya Patel and Matilda Bulman
Year 9

WORLD BOOK DAY

World Book Day was held on 7th March 2019 and as usual at Central we celebrated for the entire week. Students from Years 7 to 9 dressed up as a character from a book. However, as it was also International Women's Day during the same week, the school incorporated it into World Book Day. The rules were clear: you could dress up as a character from a book written by a female author or a female character from a book. Students had the chance to participate in many different activities such as quizzes and various house competitions.

From Alice in Wonderland to Harry Potter, each department did something different; the English Department chose female authors and villains and the Performing Arts Department themed their costumes on Alice in Wonderland; meanwhile the Science Department embraced all things "Harry Potter".

Many students dressed up; it was really fun to guess and ask people who they were. All of the English department doors were painted by Amy Brown (Miss Brown's sister) as well as her niece Daisy. The doors looked amazing and made World Book Week all the more magical.



Performing Arts

PETER PAN TRIP TO THE DUKES THEATRE

The Peter Pan trip was incredibly amazing. The show was funny and happy and the acting was top notch. The way the stage was set up was magical and it was changed into different scenes and places really quickly and smoothly by the actors, not by a set crew. The lighting was really clever as different lights represented Never Never Land and chasing lights were used to represent Tinkerbell. This play is one that we have been studying in our Drama lessons, so it was really special to see it performed on stage!

Henry Wright, 7 Clougha



CHRISTMAS CONCERT

After practising for weeks, Tuesday finally came around. With the show looming ever closer, Tuesday was a day of solid back-to-back rehearsals. The show comprised mainly singing, however there were solo instrument performances and the band played. Kyle was superb on the piano. In between the acts there was a dramatic introduction to each following turn; this added comedy between the music. Our guest for the evening were Bowerham Community Primary School who sang 'Rudolph the Red Nosed Reindeer' and 'We Wish You a Merry Christmas'.

The finale was my favourite part of the show with everyone on stage celebrating the weeks of hard work and rehearsals. The music was performed by the band and it was the perfect way to end the show. It was a great time for everyone who performed as well as the audience. Everything put together made for an amazing evening for everyone.

Written By Emily Armstrong, 9Lune



CLOUGHA

OPTIONS TASTER DAY

Year 9 stayed in school on our last Drop Down Day and we were given the opportunity for the first time to discover subjects that we have not been taught before.

Some of the subjects available were technical and others more academically based. I believe that giving students the opportunity to try these lessons helps us to discover more about ourselves and it helps when we have to make our option choices.

I enjoyed the day and feel that I have a better understanding of the different subjects that are available to me in school and feel motivated about what I will be studying in the next couple of years.

I really think this day was helpful and is something that every year 9 group should be offered as we also had lots of fun in the taster subjects. I am looking forward to next year and gaining great GCSE results!

Elsa Medd-Stengel Year 9 Clougha.

Clougha Can

This term has been another eventful term with Clougha House taking a full part in the fabulous House activities organised by different departments each week. Despite being the smallest house in the school with the fewest students, each week the pupils rise to the challenges set and give it their all in an attempt to compete with the other three houses. From biscuit-decorating, to bookmark-making, to "conga-ing" around the school, to litter-picking, to basketball-throwing - the Clougha Clan get stuck in. It is fabulous to take part in so many lunchtime activities.

The students have continued their charity efforts this term; every Friday the pupils "Chuck in their Change" and we are really pleased that so far we have raised a very impressive £490.91 for Macmillan Cancer Charity which is Clougha's chosen charity this year.

Mrs Cottam, Head of Clougha, said, "It's been an amazing term. I love the pupils pulling together to work as a team. They are doing brilliantly in their lessons, making great progress and they are all embracing the opportunities which are offered to them. I am hoping next term we can win a few more challenges and add to our impressive tally of ClassChart points that the students have collectively accumulated so far this year. I am very proud of all the Clougha Clan - the students and all the staff who support them."

Thanks, Mrs Cottam!

#CloughaCan

YEAR 11 EMPLOYABILITY DAY

The employability day that I and my year group attended this year was an informative and, in my opinion, crucial part of my education. It was a day dedicated to learning skills and information about the world of work, for example how to present yourself at interviews, how to put together a CV, even how to dress to impress an employer! As well as this, companies and employers like the NHS and local labour market came into school to speak to us and give us an insight into the world of professional work. I felt that the day helped me personally gain a better understanding of professional life and the amount of different jobs there are.

I now feel I have a good understanding of the importance of dressing suitably for various interviews, the traits that employers look for when hiring staff and ways to display these on job applications and in an interview situation. I know my year group is grateful for this opportunity and I feel it will benefit us greatly as we enter the world of work over the next few years!

Alex Fox 11 Clougha

CHARITY TOTAL: £316.56

EVENTS: Lune won 3 House competitions in half term 3;

Basketball
Three 3s
Animal care donations

HOUSE £5 WON FOR: £20

HOUSE POINTS: 78198

CONGRATULATIONS TO LUNE FOR WINNING:

- The 3C competitions last week! £5 in our Term 3 reward account!
- The Animal Care House Competition for the most donations
- The shelfie competition (50 points)

DROP DOWN DAY

On drop down day, we went to Our Lady's Catholic College Sixth Form. We studied Applied Science and Sociology. It was very interesting and made us think about what we are going to do in the future with our careers and post-16 education. The day gave us an opportunity to experience education at another school and what life would like as a Sixth Form student. We also met Bethany Elsworth who is Head Girl at Our Lady's Catholic College and used to attend Central Lancaster High School; she told us what was different about sixth form study compared to Year 11.

Skye Barton and Ella Bonnick

For our school drop down day, we went to Lancaster and Morecambe College. We started with a Fitness and Sport session. Firstly the college students and staff put out some spin bikes and attached a device that monitors our heart rate just under our chest. We also weighed ourselves to make sure the bike was adjusted correctly. Next we had to pedal as fast as we could for 6 seconds; this was to measure our leg power. Some students from the Sports department set up a game of handball for us to play. Finally we went onto the astro turf and took part in a football training session, coached by ex-Morecambe footballer and current Lancaster and Morecambe coach Garry Hunter. We started with a warm up and then did a couple of passing and movement drills before finishing with some shooting drills. Overall it was a very enjoyable day and great to experience college life and learning.

Liam Cuniffe



The charity which Lune supports is **MIND**.

MIND are a national charity that offers information and advice to people with mental health problems and lobbies government and local authorities on their behalf. We welcomed **MIND** into school to deliver whole school assemblies to promote good mental health and wellbeing to everyone.

As a school we have been taking part in a number of activities with **MIND**:

• **MIND** have been running weekly Pupil Resilience Workshops for Year 9 students. Again these are to promote good mental health and wellbeing to everyone.

• Our staff have also benefitted from activities that identify what contributes to poor mental health, implementing existing tools and creating new solutions to keep everyone well. Staff have been encouraged to use the 5 Ways to Wellbeing.

• Our parents have been signposted via our Facebook page, school website and parent texting service to various information leaflets x3

- Supporting your child during their exams
- Supporting your child to stay well online
- Supporting your family's wellbeing

We also held a parent workshop in school.



LUNE



Well done Lune house for taking part in a range of challenges this term including:

Cha Cha Slide Plank Challenge

We were the first High School to support this fantastic event! We raised money for CancerCare North Lancashire and South Cumbria.

French House Competition! Let's be kind to one another!

You wrote a short Thank You note in French to a friend/ teacher. The House with most Merci notes (in French!) won an additional 50 House Points. The best 4 heartfelt notes got an additional prize to claim from Miss Morell!

Litter picking House Competition

Each house was given a number of bin bags to see which house collected the most litter. Gloves and pickers were provided. One house point was awarded for each person who participated.

Basketball Shot House Challenge

You had the opportunity to earn up to 3 points for your House. The challenge was to take 3 shots at the basket. Each successful shot was worth 1 point. If you got all 3 shots in you earned 5 points! The house who scored the most points in total received a bonus 25 points!

Music Jingle House Challenge

You had the opportunity to earn up to 5 points for your House. The challenge was to create a jingle advertising your house and why it is so amazing! All submissions were given to Mrs West. Every submission will earn 1 point and the winning jingle earned 10 points for their house!

Charity efforts

DEFYING DEMENTIA

Pupils were delighted to donate a huge cheque to Defying Dementia, Lancaster University earlier this year. Over the course of a six-week half term pupils have been collecting their odd coppers and loose change to help support the vital work that is being researched at Lancaster University. The pennies really do add up and Linda Warrington, ex-teacher from CLHS, is seen here receiving the huge cheque for **£650.00** on behalf of the charity.



£650.00

FOOD BANK



Earlier this year the staff at CLHS collected toiletries to donate to Morecambe Bay Foodbank. As you can see from the photographs the donations were generous and here you see Mrs O'Farrell, Deputy Head, with Morecambe Bay Food Bank volunteer and ex-teacher from CLHS, Liz Dean. Liz was overwhelmed when she came to visit us. "I am so grateful to the staff at CLHS for their continued support." All items will be used to help families in our local community.

Linda recently opened a charity shop in Lancaster in order to raise additional funds for this charity. You can find her and the shop on Church Street in Lancaster; it's open six days a week. Pop in and have a browse!

CHARITY TOTAL: £283.70

EVENTS: Halton won the best House Jingle in the music house competition.

Welcomed the NW Ambulance Service Charitable Trust when they delivered our free defibrillator in January.

Mrs Hale (Halton) won the best teacher fancy dress on world book day.

Halton house won 50 points for winning the staff christmas video competiton.

HOUSE £5 WON FOR: £20

HOUSE POINTS: 66196

Total raised so far for Halton **CHUCK IN THE CHANGE** for North West Air Ambulance Service is **£255.49**

North West Air ambulance

On the morning of Thursday 28th of February an assembly was held for North West Air Ambulance about the defibrillator that was donated to the school by them. In the assembly we found out what the North West Air Ambulance was all about. Learning about the vehicles used and how much they need for just one mission. Despite the fact they work with the NHS they are not part of it; they receive no government funding whatsoever. As a result of it being a charity they are entirely reliant on donations from the public.

As they are a charity they need to raise at least £8m as a minimum every year.

The North West Air Ambulance was founded in 1999 and go on over 2000 missions a year. They introduced a Rapid Response Unit, (RU) in 2018 and Blood on Board in 2019. It costs £9 for just 1 minute of fuel, resulting in each mission costing £2k. They only fly daylight hours.

The Aircraft the North West Air Ambulance uses is the Eurocopter EC135 which they have 3 of. They travel up to 160 mph and have a 10m diameter rotor. They use side and rear doors for loading and a skid undercarriage.

The Charity also spoke about ways we and others can help to raise money through fundraising events such as a summer fair or craft fair, bake sale, sponsored silence, readathon and many more. Pupils felt the assembly was "very inspiring".



HALTON

DROP DOWN DAY

On Drop Down Day Year 7 went to the Museum of Science and Industry in Manchester. There were lots of different things to do including a hands-on science exhibition where we could lift a car, play music by putting our arms out into beams and sensors detect them and make different sounds. My favourite thing to do was a DJ colour mixing thing where you could change the colours of the light. We also saw Stephenson's Rocket which was one of the first steam engines and was built nearly 200 years ago and "Baby" which is one of the first computers and is really big. We also found out about the history of electricity.

By Oran Worgan 7Ha



STOREY

HIGH FIVE AWARDS

We've had many nominations this half term for academic achievement around school. Each week, teachers nominate students who have excelled in effort or achievement in their lessons. Here are some of our worthy winners:

1. Taylor Brown (Year 8)
2. Katie Jenkinson (Year 9)
3. Charlie Dyer (Year 10)
4. Amy Plows (Year 10)
5. Eleanor Ryan (Year 9)
6. Abbie Wojciechowicz (Year 9)
7. Matilda Bulman (Year 9)
8. Evie D'Souza (Year 11)

Shelter

We are still raising money for **SHELTER** through donating weekly spare change. We have had lots of other charity events this term too, so we are really proud that our total raised for Shelter so far is:

£415.66

Watch this space for more fundraising events coming up soon!

CHARITY TOTAL: £415.66

EVENTS: Storey won the Countdown & Fairtrade, House Challenge, Faith Hodgson won the pupil fancy dress award on World Book Day and the house came joint first in Science week competitions with Halton.

Storey were awarded 100 House points for achieving the most 'Exceptional Effort' points in Focus Fortnight week 1.

HOUSE £5 WON FOR: £42.50

HOUSE POINTS: 82287

A MESSAGE FROM THE HEAD OF HOUSE

I continue to be so impressed with the students in Storey House. This term they have shown resilience and compassion; supporting each other through some tough times. As a House we are still receiving lots of house points both in lessons and around school, which are helping us to lead the way in the overall tally! I am happy that we have seen successes in House Challenges, thanks to the engagement and enthusiasm of Storey staff and pupils alike. Thank you to all for another wonderful term in school.

Miss Carr, Head of Storey House

YEAR 8 VISIT THE SLAVERY MUSEUM

Year 8 took part in a visit to the International Slavery Museum in Liverpool for this term's drop down day. It was a long journey but was exciting when we saw Prince Charles' Royal escort!

We were able to visit expeditions on the Journey to Justice, Liverpool and Slavery and took a look into the customs collections. We had a lovely lunch outside by the Albert Docks; taking advantage of the unseasonably wonderful weather!

"I learnt so much, and even got to buy some candy floss" Yusuf Dalal.

"It was a very educational day" Jamie Maloney.

"I enjoyed learning about the different parts of the journey of slaves, and the staff there were so nice!" Leonie Whaley.

"I enjoyed the day. It was fun and very interactive" Ebony Williams.

"It was really interesting" Isabelle McIntyre.

"Drop down day is my favourite" Freddie Dodd.

#GLORYFORSTOREY

We have had some more #successstoreys to celebrate in our weekly house competitions. These include:

- Maths Countdown
- Fairtrade Quiz
- Inspirational Women Challenge

Thank you to everyone who takes part in these weekly challenges. A special mention for **Faith Hodgson** (Year 9) who won the student World Book Day Fancy Dress competition! ...Can we make House of the term twice in a row?



focus

Spring 2019



SPORTS



Over the past 10 weeks we have had the pleasure of working with 8 students in years 8 and 9 every Thursday. They have taken part in a series of workshops exploring current issues facing young people today – including anti-social behaviour, gangs and knife crime. Their engagement has been excellent and we have had some very honest and interesting discussions. Queensberry AP uses the disciplines in Boxing as a vehicle to promote respect, resilience and positive behaviour and engagement in the classroom. Students have been coached through the basics of boxing and focused on the psychological benefits involvement in sport can bring. All of the work undertaken has been complemented by a range of qualifications which includes AQA Unit Awards and England Boxing JBO. This accreditation has helped promote positive outcomes, improve confidence and support their education at Central Lancaster.

SOME COMMENTS FROM THE STUDENTS:

Queensberry AP has inspired me to do my best. This group has taught me to put my head down and not answer back. I have enjoyed boxing and getting my anger out. (Heaven)

For the past 10 weeks Queensberry has helped me in school to concentrate more in lessons and get my head down. (Kayne)

Queensberry is nice and I have enjoyed boxing with them. I have gained more knowledge of drugs and knife crime. I enjoyed going on the walk to Beacon Fell. (Aiden)

In the past few weeks we have been doing workshops about different subjects and also boxing. I have really enjoyed doing the boxing and learning new things. The workshops have helped me and made me become more confident in myself. They have also earned my respect and trust and I am glad I have someone to talk to now. (Nell)

For the past few weeks the group has helped me because we have learned about drugs, knife crime and how to coach kids. (Morgan)

Queensberry is the best and is helping us out with our behaviour. So far we have looked at things like knife crime and coaching boxing. We have been doing this for 10 weeks and next week we are coaching year 7! The other week we went to Beacon Fell – we all had a blast! (Mackenzie)

We have had a great time getting to know this group of students and their families. Thanks to Mrs Hall and Mr Mackie for supporting the students in this programme – we have loved every minute!

EBONY'S TRIBUTE

On Monday 4th February 2019 the whole school and community came together in a bake sale in memory of Ebony Gould. Miss Timperley made purple and pink ribbons - Ebony's favourite colours – to sell. We also held a cake sale. The school raised a total...

£701.53

which went towards the cost of making Ebony's funeral more special. On the day of the funeral, school put up a pink and purple flag and the railings were decorated with pink and purple ribbons and balloons to celebrate her life. Williamson's Park also contributed by lighting up the Ashton Memorial in Ebony's favourite colours for the whole week. In Dalton Square Ebony's family created a small memorial garden, so that her friends and family could visit and contribute pictures or teddies that Ebony liked.

